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Welcome

Modules

- General
- Module 1: Introduction
- Module 2: A CBT model of BDD
- Module 3: Cognitive restructuring
- Module 4: Introduction to ERP**
- Module 5: More about ERP
- Module 6: Long term goals and values
- Module 7: Difficulties during treatment
- Module 8: Summary and relapse prevention

Contact Therapist

Participant edit

Log out

Logged in as Demo . Time 0:00 Back to therapist view

Module 4: Introduction to ERP > Homework Print

Homework tasks: Module 4

1. Fill in the **"Goal worksheet"** form found into the worksheet section located on the right corner of your screen.
2. Use the **"Exposure hierarchy"** worksheet to construct your own exposure hierarchy.
3. Answer the following questions:
 - A. What is exposure and ritual prevention (ERP)?
 - B. Why is it important not to use rituals or safety behaviours when you expose yourself to something that causes anxiety and distress?

Module navigation

Content

- Module 4: Introduction to exposure and ritual prevention
- What is exposure
- What is ritual prevention
- Doing exposure and ritual prevention (ERP)
- Different ways to do ritual prevention
- Designing your personal treatment plan
- Homework**

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Worksheets

- BDD diary
- The CBT model
- Interpretation errors
- Goal worksheet
- Exposure hierarchy
- ERP worksheet

Therapist e-mail contact

Self-help text

Navigation

Worksheets